71 TASTY

TACO TUESDAY

RECIPES

BEEF | PORK | CHICKEN | SEAFOOD
VEGETARIAN | SALSA, GUAC & SIDES

1+ YEAR OF
TACO
NIGHT
IDEAS

CAULIFLOWER TORTILLAS
+ PULLED PORK
PAGE 31

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TACO TUESDAY RECIPES

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Printed in the U.S.A.

All Photos: A360 Media, Getty, courtesy of subject.

TIP

Refrigerate beef mixture at the end of step 2 in an airtight container for up to 3 days, or freeze for up to 3 months; thaw in the fridge.

SHREDDED BEEF TACOS

start to finish 6 hours 10 minutes
serves 6

INGREDIENTS

1	piece beef chuck steak (2 pounds)
1	package (1 ounce) taco seasoning mix
1	baby romaine lettuce
12	mini flour tortillas
½	cup sour cream

DIRECTIONS

1. Heat a 5- or 6-quart slow cooker on low. Rub beef with seasoning mix and place in cooker. Pour 1 cup water over beef; cook, covered, for 6 hours.
2. Remove beef from slow cooker. When cool enough to handle, shred meat coarsely using two forks. Discard half the liquid from cooker. Season remaining liquid to taste.
3. Meanwhile, trim and wash lettuce. Shred lettuce as desired or leave lettuce leaves whole.
4. Warm tortillas following package directions. Serve lettuce and beef in tortillas, topped with sour cream and drizzled with a little of the cooking liquid. Season; serve.

BARBACOA BEEF TACOS

start to finish 1 hour
serves 6

INGREDIENTS

2½	pounds boneless chuck roast, cut into chunks
2	tablespoons vegetable oil
¼	cup apple cider vinegar
3	cloves garlic, minced
1	chipotle chile in adobo, minced
2	teaspoon ground cumin
2	teaspoon dried oregano
2	limes, juiced
½	cup chicken stock
6	(6-inch) corn tortillas

DIRECTIONS

1. With electric pressure cooker on sauté setting, brown beef in vegetable oil 8 minutes, turning several times. In bowl, whisk next 5 ingredients and 2 tablespoons lime juice. Add to pot with stock; season.
2. Lock lid; cook on high pressure 30 minutes. Let pressure release naturally. Shred beef. Serve in corn tortillas with onion and cilantro, if desired.

STEAK FAJITA
LETTUCE CUPS

start to finish 45 minutes
serves 4

INGREDIENTS

2	tablespoons olive oil
1	yellow pepper, cut lengthwise into ½-inch-thick slices
1	cup thinly sliced red onion
2	teaspoons chili powder
⅛	teaspoon + ¼ teaspoon salt
1	cup cherry tomatoes, halved
1	(10.5 ounce) can black beans, rinsed, drained
1	pound boneless beef sirloin steak, 1″ thick
2	taco-size whole-wheat flour tortillas (7½-inches)
1	avocado, pitted, peeled, sliced
1	jalapeño pepper, sliced
½	cup sour cream
2	tablespoons cilantro leaves
8	large leaves Boston lettuce
	Lime wedges (optional)

DIRECTIONS

1 Prepare grill for medium-high direct-heat cooking. In 12-inch nonstick skillet, heat 1 tablespoon of oil over medium-high heat. Add pepper, onion, ½ teaspoon chili powder and ⅛ teaspoon salt. Cook, stirring, until softened, 5–6 minutes. Add tomatoes; cook until softened, 3–5 minutes; stir in beans. Remove from heat; cover.

2 Brush both sides of steak with remaining 1 tablespoon oil; sprinkle with remaining 1½ teaspoon chili powder and ¼ teaspoon salt. Grill, turning once, 4–5 minutes per side for medium-rare or until desired doneness. Grill tortillas, flipping, 1–2 minutes per side until browned. Let steak stand 5 minutes before slicing. Tear tortillas into pieces. Divide bean mixture, sliced steak, avocado, tortillas, jalapeño, sour cream and cilantro among lettuce leaves. If desired, serve with lime wedges.

TIP

Korean chile paste (gochujang) is a fermented chile paste available at larger grocery stores and Asian markets. If you can't find it, mix together 1 tablespoon crushed red pepper flakes moistened with soy sauce and add a little sugar for each tablespoon called for in the recipe.

KOREAN BEEF +CORN TACOS

start to finish 45 minutes
serves 4

INGREDIENTS

6	Napa cabbage leaves, trimmed, cut into large pieces
2	tablespoons sea salt flakes
2	tablespoons rice vinegar
2	teaspoons Korean chile paste (gochujang)
2	tablespoons rice malt syrup
1	teaspoon sesame oil
½	medium yellow onion, grated coarsely
2	cloves garlic, grated finely
¼	cup soy sauce
¼	cup rice malt syrup, extra
1	tablespoon sesame oil, extra
1½	pounds beef flank steak, butterflied to ¾-inch thick
2	corn cobs (1¾ pounds), trimmed, husk and silks removed
8	corn tortillas (6-inch), warmed
1	large avocado, sliced thinly
	Micro herbs, to serve (optional)

DIRECTIONS

1 To make the spicy kimchi, wash Napa cabbage, then toss with salt in a colander. Place colander over a bowl; let stand for 30 minutes. Rinse cabbage well to remove the salt; pat dry with paper towel. Combine rice vinegar, paste, syrup and oil in a large bowl. Add cabbage; toss well to coat. Set aside.

2 Meanwhile, combine onion, garlic, soy sauce, extra syrup and extra oil in a medium bowl; season. Add steak; mix well to coat. Cover; refrigerate for 1 hour.

3 Cook corn on a greased indoor grill pan or outdoor grill over high heat for 10 minutes, turning occasionally, or until lightly charred. Remove from heat. When cool enough to handle, cut kernels from the cobs.

4 Drain steak; discard marinade. Cook steak on a greased indoor grill pan or outdoor grill over medium-high heat for 3 minutes each side for medium rare or until cooked to your liking. Remove from heat; rest, covered, for 5 minutes. Slice thinly.

5 Divide spicy kimchi, corn, avocado and steak among tortillas; top with micro herbs.

STEAK STREET TACOS

start to finish 35 minutes
serves 4

INGREDIENTS

1½	pounds skirt or flap steak
¼	cup extra-virgin olive oil
¼	cup finely diced white onion
1	teaspoon ground cumin
1	teaspoon chili powder
½	teaspoon garlic powder
1	teaspoon kosher salt
½	teaspoon freshly cracked black pepper
8	tortillas
½	white onion, finely diced
½	cup finely chopped fresh cilantro leaves
2	limes, cut into wedges
	Hot sauce or salsa (optional)

DIRECTIONS

1. Place steak on a cutting board and cover with a sheet of parchment paper. Use meat mallet to pound steak 20 to 30 times to tenderize. Discard paper, then slice steak into smal l¼-inch cubes.
2. In large skillet, heat olive oil over medium-high heat. Add steak and onion. Spread into single even layer and let brown, about 4 minutes. Add cumin, chili powder, garlic powder, salt and pepper and toss to evenly coat.
3. Continue cooking, stirring occasionally, until steak is cooked through and slightly crisp around edges, 4–5 more minutes.
4. To assemble, spoon beef over warm tortillas and serve with onion, cilantro, lime wedges and hot sauce.

POT ROAST TACOS

start to finish 40 minutes
serves 6

INGREDIENTS

1	(4 pound) chuck roast
1	large yellow onion, sliced
1	(14.5 ounce) can fire-roasted diced tomatoes with juices
1	(6 ounce) can tomato paste
1	(7 ounce) can chipotles in adobo, chopped
2	tablespoons red wine vinegar
1	teaspoon freshly ground black pepper
2	teaspoon garlic powder
1	cube beef bouillon
1	teaspoon dried oregano
½	teaspoon ground cumin
2	tablespoons kosher salt
¾	cup chopped cilantro
18	(6″) flour tortillas
1	large red pepper, seeded, sliced
1	large green pepper, seeded, sliced

DIRECTIONS

1. In 6-quart slow cooker, mix first 12 ingredients and 1 tablespoon salt. Cover; cook on high 6 hours.
2. Transfer roast to cutting board and cut into slices.
3. Broil peppers. Then broil tortillas, flipping once, until toasted, 1 minute per side.
4. Assemble tacos with meat and broiled peppers.

CHEESY TACOS

start to finish 45 minutes
serves 4

INGREDIENTS

2 cups shredded Mexican blend cheese
1 tablespoon olive oil
1 small red onion, chopped finely
1 clove garlic, crushed
9½ ounces lean ground beef
1 tablespoon Mexican seasoning blend
⅓ cup finely chopped cilantro leaves and stems, plus extra leaves to serve
1 medium avocado, mashed
¼ cup sour cream
1 cup shredded lettuce
4 ounces cherry tomatoes, halved
1 lime, cut into wedges

DIRECTIONS

1. Preheat oven to 350°F. Line a large oven tray with parchment paper.
2. Working in batches, place four ½ cups of cheese in mounds on tray. Flatten mounds to a 4¾-inch round, leaving 1 inch between each round. Bake for 10 minutes or until melted and golden. Cool for 1 minute.
3. Working quickly, remove cheese rounds, one at a time, with a turner/spatula; place over the side of a 2-inch-deep plastic container. Stand for 5 minutes or until completely cooled.
4. Heat oil in a large frying pan over high heat; cook onion for 3 minutes or until softened. Add garlic; cook for 1 minute. Add beef to pan; cook for 4 minutes, using a wooden spoon to break up any lumps, or until beef is browned and cooked through. Stir in Mexican seasoning and cilantro; cook for 1 minute or until fragrant
5. Combine avocado and sour cream in a small bowl.
6. Divide lettuce among cheesy shells; top with beef, avocado cream and tomatoes. Serve with extra cilantro leaves and lime wedges.

GINGER LIME STEAK TACOS

start to finish 15 minutes
serves 4

INGREDIENTS

⅔	cup Asian sweet chili sauce
4	teaspoon oil
2	teaspoon grated lime zest
2	tablespoons fresh lime juice
4	teaspoon grated peeled fresh ginger
1	pound boneless beef sirloin steak (¾-inch thick)
¼	teaspoon salt
4	cups mixed baby salad greens
½	cup fresh cilantro leaves
8	(6-inch) flour tortillas, heated
1	mini cucumber, diced
½	cup cherry tomatoes, quartered
¼	cupspeanuts, chopped

DIRECTIONS

1. Mix chili sauce, 2 teaspoon oil, zest, juice and ginger; reserve. Rub steak with remaining oil, then salt. Coat large nonstick skillet with cooking spray; heat over medium-high heat. Add steak; cook, flipping once, 2–3 minutes per side for medium-rare or to desired doneness. Let stand 10 minutes.

2. Slice steak and transfer to bowl. Toss with ¼ cup reserved chili-lime mixture. Divide salad greens and cilantro evenly among tortillas. Top with steak, diced cucumber, cherry tomatoes and chopped peanuts. Serve with remaining chili-lime mixture.

CHILI BEEF TACOS

start to finish 25 minutes
serves 4

INGREDIENTS

1	pound ground beef
1	tablespoons chili powder
¼	teaspoons salt
1	(15.5 ounce) jar medium salsa
1	(15.5 ounce) can red kidney beans, rinsed, drained
8	taco shells, heated
1	cup finely shredded red cabbage
1	avocado, pitted, peeled, diced
2	tomatoes, diced
½	cup shredded Monterey Jack cheese
⅓	cup fresh cilantro leaves
⅓	cup taco sauce
	Lime wedges (optional)

DIRECTIONS

1. Coat large skillet with cooking spray; heat over medium-high heat. Add beef, chili powder and salt; cook, stirring often, until browned, 5 minutes.
2. Stir in salsa, beans and ½ vcup water. Bring to boil; reduce heat to medium-low. Cover; cook, stirring occasionally, until chili mixture is flavorful, about 25 minutes. Uncover; cook until thickened, about 5 minutes.
3. Dividing evenly, fill taco shells with cabbage, chili mixture, avocado, tomato, cheese and cilantro. Serve with taco sauce and, if desired, lime slices.

TIP

Dried árbol chiles, also called chile de árbol, are small hot Mexican chiles. They are available from Mexican food shops and online. If you can't find them, you can use crushed red pepper flakes instead.

CARNE ASADA TACOS + ÁRBOL CHILE SALSA

start to finish 40 minutes
serves 12

INGREDIENTS

2	rib-eye steaks (12 ounces each), at room temperature
	Olive oil, for brushing
12	flour tortillas (6 inch)
	Shredded white cabbage, to serve
	Mashed avocado, to serve
	Crumbled feta, to serve
	Chopped cilantro, to serve

ÁRBOL CHILE SALSA

10	dried árbol chiles
2	cloves garlic, chopped coarsely
4	large ripe tomatoes, diced
½	white onion, chopped finely
2	tablespoons lime juice
¼	cup coarsely chopped cilantro

DIRECTIONS

1. To make Árbol Chile Salsa, remove stalks using scissors, then coarsely cut chiles. Place chiles in a small frying pan over medium heat; cook, stirring, for 30 seconds or until fragrant. Transfer chiles to a small food processor. Add garlic to pan; stir for 1 minute or until starting to brown. Transfer garlic to food processor with chiles; blend until chopped finely. Add remaining ingredients; pulse until just combined and still coarse.

2. Place steaks between two sheets of plastic wrap. Using the flat side of a meat mallet or a rolling pin, pound steaks until ¾-inch thick. Preheat an outdoor grill to high. Brush steaks with oil and season with salt and pepper; grill, turning once, for 5 minutes each side for medium rare or until cooked to your liking. Rest steaks, loosely covered, for 5 minutes.

3. Meanwhile, warm tortillas according to package directions.

4. Slice steak. Fill tortillas with cabbage, avocado, feta, sliced steak, Árbol Chile Salsa and chopped cilantro.

TACO HOT DOGS

start to finish 40 minutes + grill prep time
serves 8

INGREDIENTS

1	tablespoons oil
1	small onion, chopped
8	ounces ground beef
1	teaspoon chili powder
½	teaspoon dried oregano
1	(10.5 ounces) can red kidney beans, rinsed, drained
1	cup taco sauce
½	cup plain Greek yogurt
2	teaspoon lime juice
8	beef hot dogs
8	taco shells
2	scallions, chopped

DIRECTIONS

1 In nonstick skillet, heat oil over medium heat. Add onion; cook, stirring, until softened, 5 minutes. Add beef, chili powder and oregano; cook until browned. Add beans, taco sauce and ¼ cup water. Bring to a boil. Reduce heat to low. Cook, stirring, until beef is no longer pink and sauce has thickened, 15 minutes

2 Prepare grill for direct-heat cooking. Mix yogurt and lime juice; reserve.

3 Grill hot dogs 7 minutes, turning occasionally. Place in taco shells. Top with chili, yogurt and scallions.

SLOPPY JOE TACOS

start to finish 45 minutes
serves 6

INGREDIENTS

2	pounds ground beef
3	tablespoons olive oil
1	cup onion, chopped
½	cup chopped green pepper
¼	cup shredded carrot
1	tablespoons chopped garlic
1	cup chili sauce
3	tablespoons light brown sugar
2	tablespoons tomato paste
1	can (15 ounces) tomato purée
1	tablespoons Worcestershire sauce
1	tablespoons cider vinegar
1	teaspoon salt
1	teaspoon pepper

TACOS

2	cups thinly sliced lettuce
1	cup shredded cheese
1	cup diced tomato
1	cup diced avocado
6	sprigs cilantro
1	lime, sliced

DIRECTIONS

1. Brown ground beef in large skillet; drain.
2. In another large skillet, heat oil over medium heat; add onion, green pepper, carrot and garlic. Sauté until vegetables begin to soften.
3. Stir in chili sauce, sugar and tomato paste; cook, stirring, 1 minute. Add tomato purée, Worcestershire sauce, vinegar, salt and pepper; stir in beef. Simmer 10 minutes over low heat, stirring occasionally. Remove from the heat; cover to keep warm.
4. Warm pita breads in dry skillet or on hot grill pan. Don’t over-heat or dry them out. Using taco holder or large muffin pan turned upside down, bend each pita in half, being careful not to crack them, to resemble a taco and place in stand or between muffin cups.
5. Build each taco in layers. Start with lettuce, then follow with filling, shredded cheese, tomato, avocado and cilantro. Finish each with a squeeze of fresh lime juice on top.

TIP

Like some extra heat? Add 1-2 fresh jalapeños for an added kick. Feeling especially spicy? Replace all of the pickled jalapeños in the recipe with fresh ones.

PORK TACOS

start to finish 3 hours
serves 8-10

INGREDIENTS

3 tablespoons lard or vegetable oil
3 pounds skinless bone-in pork shoulder, cut into 3-inch pieces
+ Kosher salt
¾ cup whole milk
8 garlic cloves, peeled and smashed
6 canned whole pickled jalapeños
+ ⅓ cup jalapeño pickling liquid
+ 3 tablespoons jalapeño pickling liquid to reserve
1 large white onion, chopped
¼ cup fresh lime juice
⅔ cup fresh orange juice

FOR THE SALSA

6 tomatillos, husked and cored
3 garlic cloves
2 plum tomatoes, cored
1 canned whole pickled jalapeño, stemmed and coarsely chopped
3 tablespoons jalapeño pickling liquid, from above

FOR THE TACOS

Kosher salt
warm corn tortillas
coarsely chopped cilantro
thinly sliced radishes

DIRECTIONS

1 Make the pork: In a large Dutch oven set over medium-high heat, melt the lard. Season the pork generously with salt. When the lard is hot and shimmering, add the pork and cook, turning occasionally, until browned on all sides, 10–12 minutes. Add the milk, garlic, jalapeños, pickling liquid, onion, and lime and orange juices. When the liquid boils, turn the heat to medium-low, cover, and cook until the pork is tender, about 2 hours. Remove from the heat and set aside to cool.

2 When the pork is cool enough to handle, use a slotted spoon to transfer it to a cutting board, then chop it into 1⁄4-inch chunks. Strain the liquid into a bowl, then pour it back into the empty Dutch oven. Add the pork to the liquid and turn the heat to medium. When the liquid boils, scrape the carnitas into a warmed serving dish and cover tightly with foil. Clean the Dutch oven and return it to the stove.

3 Make the salsa: In the empty Dutch oven set over medium-high heat, char the tomatillos, garlic, and tomatoes, turning occasionally, until blackened all over, 12–15 minutes, then transfer to a blender. Add the jalapeño, pickling liquid, and salt to taste, then purée.

4 To serve, top the tortillas with the carnitas, spoon each taco with salsa, and garnish with cilantro and radishes.

PORK TACOS WITH PINEAPPLE

start to finish 35 minutes
serves 4

INGREDIENTS

1	pound boneless pork loin chops, cut into ¾-inch pieces
1	tablespoon dry Mexican seasoning
½	teaspoon salt
1	(8 ounces) can pineapple slices in juice
½	cup diced Vidalia onion
⅓	cup chopped fresh cilantro
1	tablespoon oil
8	(5½-inch) corn tortillas, warmed
1	cup salsa verde
1	lime, cut into 8 wedges

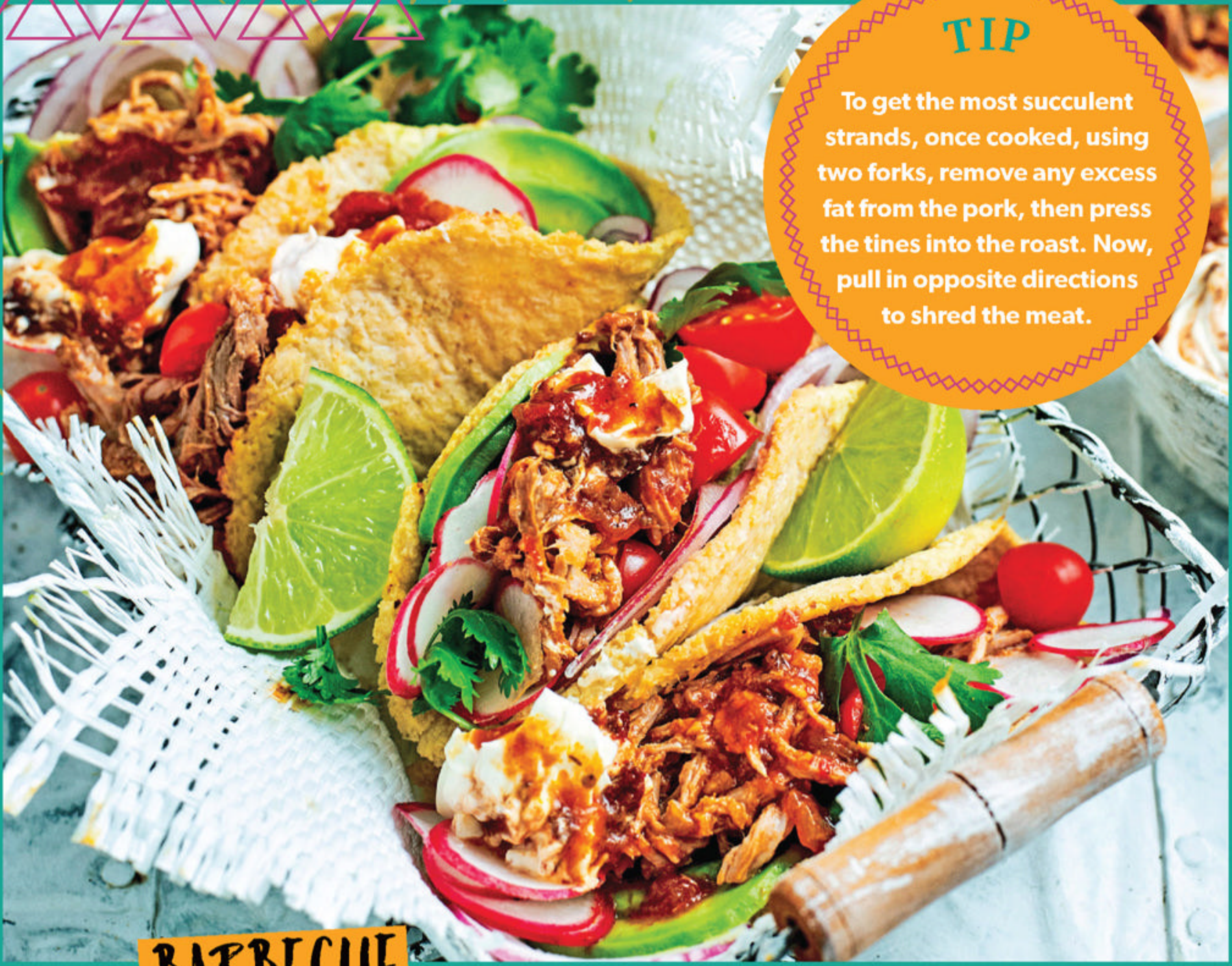
DIRECTIONS

1 In bowl, toss pork pieces with Mexican seasoning and salt; reserve. Drain pineapple, reserving juice. Dice pineapple; reserve in separate bowl. In another bowl, combine onion and cilantro; reserve.

2 In 12″ nonstick skillet, heat oil over medium-high heat. Add pork; cook, stirring occasionally, until browned about 3 minutes. Increase heat to high; add reserved pineapple juice. Cook, stirring occasionally, until pork is no longer pink, about 2 minutes.

3 To assemble tacos, divide reserved pork, onion mixture and pineapple evenly among tortillas. Top each with 1 tablespoon salsa verde.

4 Serve tacos with lime wedges.



TIP

To get the most succulent strands, once cooked, using two forks, remove any excess fat from the pork, then press the tines into the roast. Now, pull in opposite directions to shred the meat.

BARBECUE PULLED PORK TACOS

start to finish 4½ hours + chilling time
serves 6

INGREDIENTS

3	pounds boneless pork butt
1½	cups bottled barbecue sauce
12	corn taco shells, warmed
1	cup cherry tomatoes, halved
1	avocado, pitted, peeled, sliced
3	radishes, sliced

DIRECTIONS

1 In large pot, sprinkle pork with ¼ teaspoon salt and ¼ teaspoon pepper. Add ½ cup barbecue sauce and enough water to just cover meat. Over high heat, bring to a boil. Reduce heat to low; cover. Cook, turning once, until meat is very tender, about 4 hours.

2 Transfer pork to plate; let cool slightly. Shred meat. Toss with remaining barbecue sauce, adding cooking liquid 1 tablespoon at a time if meat is too dry. Cover and chill up to 2 days. Just before serving, reheat pork. Fill taco shells with pork, tomatoes, avocado and radishes.

PORK 'N' BEANS TACOS

start to finish 30 minutes
serves 4

INGREDIENTS

1	tablespoon oil
1	onion, chopped
1	pound ground pork
1	(1.25 ounces) packet dry taco seasoning
1	(15 ounces) can kidney beans, rinsed, drained
½	cup taco sauce
¼	cup chopped fresh cilantro
8	taco shells, heated
1	cup finely shredded red cabbage
1	avocado, pitted, peeled, cut into ½-inch pieces
2	tomatoes, diced, drained
½	cup shredded Monterey Jack cheese

DIRECTIONS

1. In nonstick skillet, heat oil over medium-low heat. Add onion; cook, stirring often, until softened, 5 minutes.
2. Add pork and seasoning; cook, stirring often, until pork browns and is cooked through, 5–10 minutes.
3. Stir in beans, sauce and cilantro; heat through. Fill taco shells with the pork mixture and top with remaining ingredients.

PORK FAJITA TACOS

start to finish 3 hours 10 minutes
serves 6

INGREDIENTS

2	tablespoon packed light brown sugar
1½	tablespoons dry southwest seasoning
1	tablespoon olive oil
1	clove garlic, minced
2	pounds bone-in pork loin rib roast, about 3 ribs
1	large red pepper, cut into ¼-inch pieces, about 1½ cups
1	large green peppers, cut into ¼-inch pieces, about 1½ cups
½	red onion, chopped, ¾ cups
2	tablespoons chopped fresh cilantro
2	tablespoons lime juice
1	teaspoon salt
⅛	teaspoon Cayenne pepper
12	(6-inch) flour tortillas
2	cups shredded iceberg lettuce
¾	cup finely shredded Cheddar cheese
	Guacamole, sour cream, cilantro and lime, optional

DIRECTIONS

1. Prepare grill for indirect-heat cooking. Combine brown sugar, southwest seasoning, ½ tablespoon oil and garlic; rub over pork. Grill, covered, over indirect heat until meat thermometer inserted into thickest part of pork away from bone registers 155°F, 1½-2 hours. Let pork stand 10 minutes before deboning and cutting the meat into strips.

2. Meanwhile, in large skillet heat remaining oil over medium heat. Add peppers and onion; cook, stirring often, until tender, about 5 minutes. Stir in cilantro, juice, salt and cayenne.

3. Heat tortillas according to package directions. Fill with lettuce, pork, peppers and onion mixture and cheese. If desired, garnish with guacamole, sour cream, cilantro and lime.

TIP

Use street-taco-size tortillas (about four to six per person) to make a handheld version of this dish.

MOO SHU PORK TACOS

start to finish 35 minutes
serves 4

INGREDIENTS

2	teaspoons sesame oil
1	cup sliced onion
1	pound pork tenderloin, sliced
8	(8-inch) thin flour tortillas
1	teaspoon chopped garlic
1	tablespoon soy sauce
1	teaspoon Chinese five-spice powder
½	cup chicken broth
2	cups sliced cabbage
2	eggs, beaten
¼	cup hoisin sauce
	Sliced scallions, optional

DIRECTIONS

1. On Instant Pot, select Sauté; add oil. When oil is hot, add onion; cook for 3 minutes. Add pork and cook until browned, about 5 minutes.
2. While pork cooks, wrap tortillas in parchment paper and foil. Set aside.
3. When pork is browned, stir in garlic, soy sauce, Chinese five-spice powder, broth and cabbage. Top with egg.
4. Place a steamer rack in Instant Pot. Place tortilla packet on rack.
5. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
6. When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
7. Divide tortillas between 4 serving plates. Brush tortillas with hoisin sauce, top with pork mixture and garnish as desired. Serve additional hoisin sauce on the side for drizzling.

CHIPOLTE PORK TACOS

+ ONION APPLE SALSA

start to finish 2 hours
serves 4

INGREDIENTS

¼	cup honey
1	tablespoon olive oil
3	chipotle chile peppers in adobo sauce, puréed
4	boneless pork loin chops, ¾-inch thick, 1½ pounds
1	teaspoon kosher salt
½	teaspoon freshly ground pepper
½	cup minced red cabbage
½	cup minced green cabbage
8	(6-inch) corn tortillas, skillet-warmed

ONION APPLE SALSA

3	jalapeños, seeded and minced
2	red peppers, minced
2	Granny Smith apples, cored and chopped
1	onion, finely chopped
1	tablespoon lemon juice
1	tablespoon fresh cilantro, minced
½	cup unsweetened apple juice
	Kosher salt

DIRECTIONS

1 Preheat greased barbecue or indoor grill to medium. In small bowl, combine honey, oil and chiles. Set aside.

2 Rub pork all over with salt and pepper. Grill pork, turning once, until just a hint of pink remains inside or instant-read thermometer registers 160°F, 3-5 minutes per side. Just before removing from grill, brush with honey mixture, turning once. Let stand 8-10 minutes. Cut into bite-size pieces.

3 To make the Onion Apple Salsa, combine jalapeños, red peppers, apples, onion, lemon juice, cilantro and apple juice in a large bowl; mix well. Place in airtight container. Refrigerate for 1 hour or up to 2 hours. Add kosher salt to taste just before serving.

4 In small bowl, toss together red and green cabbage. To build tacos, divide pork among tortillas. Top with cabbage and Onion Apple Salsa. Fold tortillas in half.

BARBECUE PORK TACOS

start to finish 30 minutes
serves 6

INGREDIENTS

6	(7–8-inch) flour tortillas
1	ear corn, husk removed
1	medium tomato (6 ounces), diced
2	tablespoons chopped fresh cilantro + ¼ cup leaves
½	teaspoon salt
1	pound pork tenderloin, cut into ¾-inch chunks
1	tablespoon dry Southwest seasoning
1	tablespoon olive oil
¾	cup rinsed, drained canned small white beans
½	cup barbecue sauce
	Guacamole and lime wedges (optional)

DIRECTIONS

1. Heat oven to 350°F. Coat 6 jumbo muffin cups with cooking spray; line with tortillas, folding as needed to fit. Bake until crisp, 10–12 minutes. Cool.
2. Meanwhile, in pot of salted boiling water, cook corn until tender, about 5 minutes. Drain; cool. Cut kernels from cob into bowl; stir in tomato, chopped cilantro and ¼ teaspoons salt; reserve. Toss pork with seasoning and remaining salt.
3. In large nonstick skillet, heat oil over medium heat. Add pork; cook, turning, until cooked through, 5 minutes. Add beans and sauce; heat through, 1–2 minutes.
4. Evenly divide mixture among tortillas; top with corn mixture and cilantro leaves. Serve with guacamole and lime.

SANTA FE PORK TACOS

start to finish 15 minutes
serves 4

INGREDIENTS

1	pound cooked pork loin, cubed, about 3 cups
1½	tablespoons Santa Fe seasoning blend
1	tablespoon corn oil
8	crispy taco shells
½	cup sour cream
1	tablespoon fresh lime juice
1	tablespoon chopped fresh cilantro
½	cup shredded Cheddar cheese
1	cup shredded iceberg lettuce
¼	cup sliced black olives
¼	cup diced tomatoes

DIRECTIONS

1. Heat oven to 350°F. Over medium-high heat, cook pork and seasoning blend in oil 5 minutes, or until browned, stirring constantly.
2. Heat taco shells in oven for 5 minutes.
3. Combine sour cream, lime juice and cilantro in a bowl.
4. Spoon ⅓ cup meat into each shell. Top with cheese, lettuce, olives, tomatoes and sour cream mixture.

HAWAIIAN PORK TACOS

start to finish 5 minutes
serves 8

INGREDIENTS

2½	pounds boneless pork shoulder, trimmed
1	tablespoon liquid smoke
½	fresh pineapple, peeled, cored and cut into rings
¼	cup chopped red onions
	Juice of 2 limes
1½	tablespoons minced jalapeños
3	tablespoons chopped cilantro
16	corn tortillas

DIRECTIONS

1. Rub pork with liquid smoke and salt. Place in 6 quart slow cooker. Cover; cook on high 5 to 6 hours. Transfer to cutting board or mixer. Reserve ¾ cup pork liquid. Shred pork; return to cooker.
2. In grill pan over high heat, cook pineapple 3 minutes per side; dice.
3. In bowl, mix pineapple and remaining ingredients. Serve pork and pineapple salsa in tortillas.

TIP

To shred pork quickly, place the meat in a bowl and use a hand mixer on medium speed for 25 seconds.

CAULIFLOWER TORTILLAS + PULLED PORK

start to finish 1 hour 10 minutes
serves 6

INGREDIENTS

1	pound pulled pork
1	tablespoon olive oil
1	small onion, sliced thinly
2	cloves garlic, crushed
2	tablespoons brown sugar
6½	ounces canned diced tomatoes
2	tablespoons rice wine vinegar
7	ounces chipotle sauce
8	ounces finely shredded red cabbage
	Salsa verde
	Cucumber, chopped
	Green onions

CAULIFLOWER TORTILLAS

4	pounds chopped cauliflower
4	eggs, beaten lightly
¾	cup finely grated Parmesan
2	tablespoons white chia seeds

DIRECTIONS

1 Heat oil in a medium frying pan over medium heat. Add onion and garlic; cook, stirring, for 3 minutes or until onion is soft. Add pulled pork; cook, stirring occasionally, for 3 minutes or until starting to caramelize. Add sugar, tomatoes, vinegar and chipotle sauce; bring to a simmer. Reduce heat to low; simmer gently for 15 minutes, until sauce is thick and pork is tender.

2 Meanwhile, to make Cauliflower Tortillas, preheat oven to 400°F. Process cauliflower using the pulse button until pieces are chopped finely. Steam or microwave cauliflower in two batches for 3 minutes or until tender; stand until cool enough to handle. Place cauliflower in a clean kitchen towel; squeeze out as much water as possible (this is important for dry tortillas). Transfer cauliflower to a large bowl; stir in egg, Parmesan and chia seeds, then season. Divide mixture into 18 equal portions.

3 Line two oven trays with parchment paper. Mark two 5¼-inch rounds on paper; turn paper over. Spread cauliflower portions out in the rounds; bake for 8 minutes. Carefully turn tortillas over using a spatula; bake for a further 8 minutes or until browned around the edges. Repeat with the remaining cauliflower mixture to make 18 tortillas in total.

3 Serve pulled pork and shredded cabbage in cauliflower tortillas, topped with salsa verde, chopped cucumber and green onions.

TIP

We used baby romaine lettuce leaves for our wraps, but you can also use Boston bibb lettuce, butterhead lettuce leaves, escarole, iceberg lettuce or endive, if you prefer.

PORK LETTUCE WRAPS

start to finish 15 minutes
serves 1

INGREDIENTS

2 teaspoons vegetable oil
1 green onion, sliced thinly on the diagonal
1 piece ginger (½-inch), sliced finely
1 clove garlic, crushed
3 ounces ground pork
1 tablespoon finely chopped raw cashews
1 ounces green beans, sliced thinly
1 teaspoon fish sauce
3 teaspoon kecap manis (sweet soy sauce)
1 teaspoon sesame oil
½ long fresh red chile, sliced thinly
6 basil leaves
2 baby romaine lettuce leaves
lime wedges, to serve

DIRECTIONS

1. Heat vegetable oil in a medium nonstick frying pan over medium heat. Add green onion, ginger and garlic; cook, stirring, for 1 minute.
2. Increase heat to high. Add pork and cashews; cook, stirring to break up lumps, for 5 minutes or until browned. Stir in green beans, fish sauce, kecap manis, sesame oil, chile and 1 tablespoon water. Cook for a further 2 minutes or until beans are tender and sauce is slightly sticky. Stir in half the basil.
3. Serve pork mixture in lettuce cups, top with remaining basil. Serve with limes.

TIP

If you're in a rush to get dinner on the table, skip the grill and use shredded barbacue rotisserie chicken instead.

CHICKEN TACOS

+ PINEAPPLE SAUCE

start to finish 45 minutes + grill prep
serves 6

INGREDIENTS

¼	cup barbecue sauce
1	tablespoon lime juice
2	cups diced fresh pineapple
1	cup diced cucumber
¼	cup chopped red onion
¼	cup chopped fresh cilantro
1	jalapeño, seeded, finely chopped
2	tablespoons lime juice
1	tablespoon olive oil
¼	teaspoon salt
1½	pounds boneless, skinless chicken thighs
1	teaspoon chili powder
12	stand 'n' stuff taco shells, from 7.1-ounce package, warmed
3	cups mixed baby greens
	lime wedges and cilantro sprigs (optional)

DIRECTIONS

1 Prepare grill for medium-high direct-heat cooking; brush grill grates with oil.

2 In small bowl, stir together barbecue sauce and lime juice; reserve. In large bowl, combine pineapple, cucumber, red onion, cilantro, jalapeño, lime juice, oil and salt; stir until blended. Reserve.

3 Rub chicken all over with chili powder. Grill chicken, covered, flipping once, until no longer pink in center, 4–6 minutes per side, brushing with barbecue sauce mixture during last 2 minutes of cooking time. Let chicken rest 5 minutes before slicing.

4 Fill taco shells with greens, sliced chicken and pineapple salsa. If desired, serve with lime wedges and garnish with cilantro sprigs.

SALSA VERDE
CHICKEN TACOS

start to finish 5 hours 30 minutes
serves 8

INGREDIENTS

1	teaspoon ground cumin
½	teaspoon garlic powder
¼	teaspoon salt
1½	pounds boneless, skinless chicken breast halves
1	(16 ounce) jar salsa verde
2	avocados, pitted, peeled
½	cup mayonnaise
16	soft taco-size flour tortillas, heated
6	cups packaged coleslaw mix, from 14 ounce package
	fresh cilantro leaves

DIRECTIONS

1. Coat 4-quart slow cooker with cooking spray.
2. In small bowl, combine cumin, garlic powder and salt; sprinkle over chicken. Place chicken in slow cooker. Reserve ½ cup salsa; pour remaining salsa over chicken. Cover; cook on low 5 hours until tender.
3. Mash avocados with reserved ½ cup salsa. Stir in mayonnaise, and reserve.
4. Using slotted spoon, transfer chicken to large bowl. Using 2 forks, shred chicken. Stir in ½ cup cooking liquid from slow cooker.
5. Dividing evenly, spread avocado mixture over half of each tortilla; top with shredded chicken, coleslaw and cilantro.

BBQ CHICKEN TACOS

+MANGO SALSA

start to finish 28 minutes
serves 6

INGREDIENTS

1	mango, pitted, peeled and cut into ½-inch pieces
1	avocado, cut into ½-inch pieces
¼	cup chopped red onion
1	small jalapeño pepper, thinly sliced
1	tablespoon lime juice
¼	teaspoon salt
3	cups shredded cooked chicken
¾	cup barbecue sauce
2	teaspoons ground cumin
12	white corn tortillas
¾	cup fresh cilantro leaves

DIRECTIONS

1. In bowl, combine mango, avocado, onion, jalapeño, lime juice and salt; reserve.
2. In pot, combine chicken, barbecue sauce and cumin; cook over medium-low heat, stirring occasionally, until heated through, 7–8 minutes.
3. Meanwhile, heat corn tortillas according to package directions. Divide chicken and mango mixtures evenly among tortillas. Serve tacos topped with cilantro.

TIP

In a hurry? Save time by using rotisserie chicken and canned corn instead. Shred a fresh rotisserie chicken into bite-sized pieces. Pour the corn into a microwave-safe dish and heat on high for 1-2 minutes, or until warm.

GRILLED CHICKEN + CORN TACOS

start to finish 50 minutes
serves 4

INGREDIENTS

1 pound boneless, skinless chicken breast halves
3 teaspoons olive oil
½ teaspoon garlic powder
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon pepper
1 ear corn, husk removed
8 taco shells
2 cups torn green leaf lettuce
1 avocado, pitted, peeled, diced
1 tomato, diced
½ cup taco sauce, warmed
sour cream and lime wedges (optional)

DIRECTIONS

1. Heat grill to medium-high. Rub chicken with 2 teaspoons oil, garlic powder, cumin, salt and pepper. Rub corn with remaining oil.
2. Grill chicken and corn, covered, flipping and turning, until chicken is no longer pink in centers, 5–8 minutes per side, and corn is browned and tender when pierced with fork, about 15 minutes. Let cool slightly.
3. Shred chicken; cut kernels from corn cob. Heat taco shells according to package directions. Dividing evenly, fill taco shells with lettuce, chicken, corn, avocado and tomato; drizzle with taco sauce. If desired, serve with sour cream and lime.

MONTEREY CHICKEN TACOS

start to finish 15 minutes
serves 6

INGREDIENTS

1	medium avocado (about 6½ ounces), halved, pitted and peeled
¼	cup mayonnaise
3	tablespoons chopped fresh cilantro
1	clove garlic, peeled and chopped
2	teaspoons fresh lime juice
1	teaspoon Southwest seasoning, divided
1½	cups shredded cooked chicken
1	tomato, seeded and diced
1	scallion, chopped
2	tablespoons pumpkin seeds, hulled
6	crisp taco shells
2	cups shredded lettuce

DIRECTIONS

1 In bowl, mash avocado; combine with mayonnaise, cilantro, garlic, lime juice and ¼ teaspoon seasoning.

2 In separate bowl, combine remaining seasoning and chicken, tomato, scallion and pumpkin seeds.

3 Line shells with shredded lettuce. Top with chicken mixture; spoon avocado mixture over chicken.

BEER-MARINATED CHICKEN TACOS

start to finish 4 hours 40 minutes + grill prep
serves 6

INGREDIENTS

1	cup dark Mexican beer
2	tablespoons toasted sesame oil
1	tablespoons finely chopped garlic
1	teaspoon dried oregano
1	teaspoon kosher salt
½	teaspoon freshly ground pepper
¼	teaspoon ground cayenne pepper
6	boneless, skinless chicken thighs, each about 4 ounces
2	avocados, pitted and peeled
1	tablespoon. fresh lime juice
¼	teaspoon kosher salt
6	flour or corn tortillas (6-7-inches)
¼	cup crumbled queso fresco or feta, optional
¼	cup fresh cilantro leaves, optional
	lime wedges

DIRECTIONS

1 In small bowl, whisk together the beer, sesame oil, garlic, oregano, salt, ground pepper and cayenne pepper. Place thighs in large resealable plastic food storage bag; pour in marinade. Press air out of bag; seal tightly. Turn bag to distribute marinade; place bag in bowl. Refrigerate 2-4 hours, turning bag occasionally.

2 Scoop avocado flesh into bowl. Add lime juice and salt. Using fork, mash ingredients together. Cover with plastic wrap, pressing wrap directly onto surface of guacamole to prevent browning; refrigerate until about 1 hour before serving.

3 Preheat grill for direct cooking over high heat (450°F to 550°F). Brush cooking grates clean. Remove thighs from bag; pat dry and discard marinade. Grill thighs over direct high heat, with lid closed, until meat is firm and juices run clear, 8-10 minutes, turning once or twice. During last minute of grilling time, warm tortillas over direct heat, turning once. Remove chicken and tortillas from grill. Let chicken rest 3-5 minutes. Wrap tortillas in foil to keep warm.

4 Cut chicken across grain into thin strips. Pile chicken strips on tortillas; top with guacamole, queso fresco and some cilantro. Serve with lime wedges.

TIP

You can also make this recipe using beef, pork or fish fillets instead of chicken.

FIESTA CHIPOLTE-LIME CHICKEN TACOS

start to finish 1 hour
serves 6

INGREDIENTS

1½	pounds boneless skinless chicken breast halves
2	tablespoons olive oil, divided
2	teaspoonschili powder, divided
2	tablespoons fresh lime juice, divided
3	bell peppers, sliced
2	Italian frying peppers, sliced
1	large red onion, sliced
1	medium zucchini, cut lengthwise and sliced
2	cloves garlic, chopped
12	taco shells, heated

DIRECTIONS

1. Season chicken with salt and pepper. In bowl, combine 1 tablespoon oil, 1 teaspoon chili powder and 1 tablespoon lime juice. Brush oil mixture evenly over chicken. Let sit 15 minutes to marinate.
2. Meanwhile, in skillet over medium-high heat, cook peppers, onions, zucchini and 1 teaspoon chili powder in 1 tablespoon oil 8 minutes or until vegetables are tender, stirring often. Add garlic. Cook 1 min. Stir in 1 tablespoon lime juice. Remove from skillet; cover to keep warm.
3. In same skillet, cook chicken 8 minutes or until 165°F, turning once. Let sit 5 minutes; slice chicken. Divide sliced chicken and pepper mixture evenly among taco shells. Serve with your favorite taco toppings

MEDITERRANEAN CHICKEN

PITA TACOS

start to finish 30 minutes
serves 4

INGREDIENTS

½ cup plain Greek yogurt
1 tablespoon fresh lemon juice
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon dried rosemary
salt and freshly ground pepper, to taste
2 rotisserie chicken breast halves, diced, about 2½ cups
½ English cucumber, seeded and diced
1 Roma tomato, chopped
¼ red onion, diced
3 ounces feta cheese
¼ cup chopped fresh cilantro
¼ cup red wine vinaigrette
4 pitas

DIRECTIONS

1. Combine yogurt, lemon juice, basil, oregano, rosemary, salt and pepper in small bowl and set aside.
2. Combine chicken, cucumber, tomato, onion, feta cheese and cilantro in medium bowl. Toss with vinaigrette. Fill pitas with chicken mixture and drizzle Greek yogurt sauce on top.

CITRUSY CHICKEN TACOS

start to finish 20 minutes
serves 4

INGREDIENTS

3	mini cucumbers
2	cups shredded cooked chicken
1	cup fresh mint and/or cilantro leaves
½	cup packaged shredded carrots
4	radishes, thinly sliced
⅓	cup bottled lime vinaigrette salad dressing
2	leaves romaine lettuce, torn
4	low-carb soft taco tortillas, from 12-ounce package, heated
½	cup shredded Monterey Jack cheese
	thinly sliced seeded red chili pepper and lime wedges (optional)

DIRECTIONS

1. Using vegetable peeler, cut cucumbers into long, thin ribbons.
2. In large bowl, toss cucumbers, chicken, herbs, carrots and radishes with dressing.
3. Dividing evenly, fill tortillas with lettuce, cucumber mixture, cheese and, if desired, chili pepper. Serve with lime wedges.

CHICKEN RANCHEROS TACOS

start to finish 15 minutes
serves 12

INGREDIENTS

3	packages (10 ounces each) fully cooked, carved chicken breast
1	teaspoon chili powder
¼	teaspoon salt
½	cup bottled taco sauce
1	tablespoon chopped fresh cilantro
12	taco shells, heated
	shredded Cheddar cheese
	shredded lettuce
	salsa
	sour cream

DIRECTIONS

1. Toss chicken with chili powder and salt. Coat nonstick skillet with cooking spray.
2. Heat skillet over medium-high heat. Add chicken; cook, stirring occasionally, until heated through, 1-2 minutes.
3. Stir in taco sauce; remove from heat. Sprinkle with cilantro.
4. Serve chicken mixture in taco shells with cheese, lettuce, salsa and sour cream, if desired.

BARBECUED CHICKEN TACOS

start to finish 35 minutes
serves 12

INGREDIENTS

2	cups ketchup
1	cup mango nectar
½	cup cider vinegar
½	cup packed light brown sugar
1	teaspoon garlic powder
1	teaspoon ground cumin
6	cups shredded cooked chicken
12	taco shells
	sour cream
	halved cherry tomatoes
	sliced black olives
	chopped lettuce
	diced red onion
	sliced scallions

DIRECTIONS

1. In large pot, combine ketchup, nectar, vinegar, sugar, garlic powder and cumin; bring to boil over medium-high heat. Reduce heat to low; cook, stirring occasionally, until thickened, about 15 minutes.

2. Toss chicken with 2 cups sauce, adding more for saucier mixture. Divide chicken mixture among taco shells. Serve with remaining sauce and toppings.

SHREDDED CHICKEN TACOS

start to finish 4 hours 30 minutes
serves 8

INGREDIENTS

6 large boneless, skinless chicken breast halves, about 4 pounds
¾ cup chicken broth
3 cloves garlic, minced, about 1½ teaspoons
1 packet (1-ounce) ranch seasoning mix
2 teaspoons chili powder
2 teaspoons ground cumin
1 lime, juiced
Kosher salt
ground pepper
8 (6-inch) flour or corn tortillas
shredded lettuce
shredded cheese
sautéed onions
peppers
salsa
sour cream
guacamole

DIRECTIONS

1. Place chicken breasts in slow cooker; pour in chicken broth. Add garlic, ranch mix, chili powder and cumin on top of chicken and stir. Cover; cook on High 3-4 hours, or until the meat easily shreds with a fork.
2. Shred chicken and remove any excess fat. Return meat to slow cooker. Stir in lime juice and salt and pepper to taste. Turn slow cooker to Warm until ready to serve.
3. Fill each tortilla with about ⅓ cup chicken and top with lettuce, cheese, onions, peppers, salsa, sour cream and guacamole.

TIP

Don't love salmon? Try this recipe using fresh tilapia fillets, tuna steaks or peeled shrimp instead.

CHIPOTLE SEAFOOD TACOS

start to finish 1 hour
serves 6

INGREDIENTS

2	teaspoons grated lime zest
⅓	cup + 1 tablespoon lime juice
¼	cup tequila
1	tablespoon packed light brown sugar
2	cloves garlic, minced
1½	teaspoons chipotle chile pepper
6	skinless salmon fillets (about 1½ pounds)
8	cilantro sprigs + ½ cup cilantro leaves
½	cup mayonnaise
6	taco-size (6-inch) flour tortillas
3	cups packaged coleslaw mix
1	avocado, pitted, peeled and sliced

DIRECTIONS

1. In bowl, combine lime zest, ⅓ cup lime juice, tequila, brown sugar, garlic and 1 teaspoon chipotle pepper. Place salmon and cilantro sprigs in large plastic food-storage bag; add marinade. Seal bag; turn several times to coat salmon. Let marinate at room temperature for 30 minutes or chill up to 1 hour.

2. In separate bowl, combine mayonnaise with remaining lime juice and chipotle pepper; reserve. Coat large nonstick skillet with cooking spray and heat over medium heat. Remove cilantro sprigs clinging to salmon. Add salmon to skillet; cook until lightly browned, 4–5 minutes. Flip; reduce heat to medium-low. Cover and cook until opaque in centers, 4–5 minutes. (Alternatively, grill salmon over medium heat).

3. Meanwhile, heat flour tortillas according to package directions. Divide coleslaw mix, avocado and cilantro leaves evenly among tortillas. Top with salmon and mayonnaise.

FISH TACOS
+ TOMATO AVO SALSA

start to finish 20 minutes
serves 4

FISH TACOS

1	tablespoon smoked paprika
1	teaspoon ground cumin
½	teaspoon cayenne pepper
2½	pounds firm white fish fillets
1	tablespoon extra virgin olive oil
10	white corn tortillas
	Lime wedges, to serve

TOMATO AVOCADO SALSA

2	medium tomatoes, seeded, chopped finely
1	large avocado, chopped finely
1	small red onion, sliced thinly
⅓	cup fresh cilantro leaves

LIME DRESSING

1	tablespoon lime juice
2	teaspoons sugar
1	small fresh serrano chile, seeded, sliced thinly
1	tablespoon extra virgin olive oil

DIRECTIONS

1. Combine paprika, cumin and cayenne pepper in a small bowl; rub all over fish.
2. Heat oil in a medium frying pan over high heat; cook fish, in batches, turning occasionally, for 5 minutes or until cooked through. Transfer to a plate; cover to keep warm.
3. Wipe pan clean with paper towel. Heat pan over high heat; cook one tortilla at a time for 30 seconds on each side or until heated through. Cover with foil to keep warm.
4. Meanwhile, to make the Tomato Avocado Salsa, place ingredients in a large bowl; toss gently to combine.
5. To make the Lime Dressing, combine the ingredients in a small bowl; season to taste.
6. Place fish in tortillas with Tomato Avocado Salsa. Drizzle with Lime Dressing and serve with lime wedges. Sprinkle with extra cilantro leaves.

TIP

You can use any firm white fish fillet you like. Tilapia, cod, bass, grouper, haddock, catfish, and snapper fillets work well.

PEPPERED FISH TACOS

start to finish 15 minutes
serves 4

INGREDIENTS

1¼	pounds white fish fillets
1	teaspoon lime zest
2	teaspoons cayenne pepper
2	tablespoons vegetable oil
½	cup sour cream
1	tablespoon lime juice
2	red radishes
12	corn tortillas (6-inch)
1	cup loosely packed fresh cilantro leaves
2	tablespoons drained pickled jalapeños

DIRECTIONS

1. Heat grill to medium heat. Combine fish with zest, cayenne pepper, and oil in large bowl; season with salt and pepper to taste. Transfer fish mixture to a greased cast-iron skillet and place on grill. Cook, turning the fish once, about 5 minutes or until cooked.

2. Meanwhile, combine sour cream and juice in small bowl; season with salt and pepper to taste. Trim radishes; halve, then slice thinly.

3. Warm the tortillas according to package directions.

4. Serve tortillas topped with fish, sour cream mixture, radishes, cilantro, and jalapeños.

TIP

If you're looking for a quick weeknight dinner idea, use frozen fish fillets instead of breading your own. Bake them according to package instructions, or cook them in the air fryer to make them extra crispy.

CRISPY BEACH FISH TACOS

start to finish 30 minutes
serves 4

GUACAMOLE

1 medium avocado
2 tablespoons chopped tomato
2 tablespoons chopped fresh cilantro
Juice of ½ lime
¼ teaspoon kosher salt

FISH STRIPS

1 pound cod or halibut fillets, cut crosswise into 16 (2-inch long) strips
1 teaspoon kosher salt
1 large egg, beaten
1 cup panko breadcrumbs
¼ teaspoon ground cumin
¼ teaspoon garlic powder
¼ teaspoon cayenne pepper
Olive oil spray

TACOS

8 (6-inch) corn tortillas, warmed
1 cup shredded red cabbage
1 radish, thinly sliced
1 tablespoon chopped fresh cilantro
8 lime wedges

DIRECTIONS

1 In bowl, gently mash avocado with fork. Add tomato, cilantro, lime juice and salt. Stir well, cover, and set aside.

2 Heat air fryer to 400°F. Line sheet pan with parchment or wax paper. Season fish with ½ teaspoon salt. Place egg in shallow bowl. On plate, combine panko, cumin, garlic powder, cayenne and remaining ½ teaspoon salt. Dredge fish in egg, then in panko mixture, shaking off excess. Place on prepared sheet pan. Spray both sides of fish with oil. Add enough fish strips to air fryer basket to make single layer; cook 4 minutes. Turn fish; cook 2 minutes more, until golden and crisp. Repeat with remaining fish.

3 Place 2 strips of fish on each tortilla. Top with 2 tablespoons cabbage, 2 tablespoons guacamole, radish slices and ⅛ teaspoon cilantro. Serve with lime wedges.

FISH TACOS

+PINEAPPLE SALSA

start to finish 30 minutes
serves 5

INGREDIENTS

1	(19 ounce) package crunchy frozen breaded fish fillets (10 fillets)
½	small jalapeño pepper
1	(20 ounce) can pineapple tidbits in juice, drained
¼	cup thinly sliced red onion
1	teaspoon grated lime zest
2	tablespoons lime juice
¼	teaspoon salt
6	cups shredded romaine lettuce
1	(4.7 ounce) package crisp taco shells (10 shells)
¼	cup sour cream
	Paprika (optional)

DIRECTIONS

1. Bake fish fillets according to package directions. Meanwhile, remove seeds from jalapeño and mince. In small bowl, stir together jalapeño, pineapple, onion, lime zest, lime juice and salt.
2. If large, cut fish fillets in half crosswise. Dividing evenly, fill each taco shell with lettuce and fish. Top each with 1 tablespoon pineapple mixture and about 1 teaspoon sour cream. If desired, sprinkle sour cream with paprika. Serve with remaining pineapple mixture on the side.

KIMCHI SALMON TACOS

start to finish 35 minutes
serves 2

CHILI-GLAZED SALMON

½ tablespoon pure maple syrup
½ tablespoon gochujang (Korean fermented chili paste)
6½ ounce boneless salmon fillet

ASSEMBLY INGREDIENTS

2 tablespoons kimchi, drained
2 radishes, shaved
2 regular wholegrain tortillas
2 tablespoons Greek yogurt
1 cup canned red kidney beans, drained and rinsed
2 tablespoons fresh cilantro leaves

DIRECTIONS

1 Preheat the oven to broil. Line a baking sheet with foil; spray with oil.

2 To make the Chili-Glazed Salmon, combine maple syrup and gochujang; season with salt and pepper. Rub salmon with gochujang mixture and place on lined tray. Broil salmon, without turning, for 5 minutes or until just cooked through. Let cool for 5-10 minutes before flaking the salmon with a fork.

3 Warm tortillas according to package instructions and spread 1 tablespoon of yogurt onto each. Add corn, salmon, kidney beans, radishes, kimchi and cilantro leaves onto each tortilla.

GRILLED SHRIMP TACOS

start to finish 45 minutes
serves 8

INGREDIENTS

½	cup apple cider vinegar
2	tablespoons sugar
2	teaspoons sea salt flakes
2	cups finely shredded red cabbage
1	medium red onion, sliced thinly
2	fresh jalapeños, seeded, sliced thinly lengthways
1	teaspoon ground cumin
1½	pounds uncooked shrimp, peeled, deveined, butterflied
1	teaspoon chipotle chili powder
1	tablespoon extra virgin olive oil
8	blue corn tortillas (6 inches)
½	cup mint leaves
1¼	cups sour cream

GREEN TOMATO SALSA VERDE

11	ounces green heirloom tomatoes, quartered
½	bunch cilantro, chopped coarsely
1	fresh jalapeño, chopped
1	clove garlic, crushed
1½	teaspoons ground cumin
1½	teaspoons ground coriander
1	teaspoon finely grated lime rind
1½	tablespoons lime juice

DIRECTIONS

1 To pickle cabbage and onion, stir vinegar, sugar and salt in a small bowl until dissolved. Add cabbage, onion and jalapeños; toss to coat. Set aside for 10 minutes.

2 Meanwhile, to make Green Tomato Salsa Verde, process ingredients until smooth. Season to taste.

3 Place shrimp, spices and oil in a large bowl; turn to coat. Heat an indoor grill pan or outdoor grill over high heat; cook tortillas for 30 seconds each side or until lightly golden. Remove from pan; cover to keep warm.

4 Cook shrimp for 2 minutes each side or until cooked through and grill marks appear.

5. Drain pickled cabbage and onion; divide among tortillas with shrimp and mint. Top with Green Tomato Salsa Verde and a dollop of sour cream to serve.

FISH TACOS

WITH TOPPERS

start to finish 20 minutes
serves 2

INGREDIENTS

12	ounces tilapia
¼	teaspoon ground cumin
¼	teaspoon smoked paprika
⅛	teaspoons salt
2	teaspoons canola or grapeseed oil
4	organic corn tortillas
1	cup mango salsa
1	ripe avocado, diced

DIRECTIONS

1. Sprinkle fish evenly with cumin, paprika and salt.
2. In a medium pan, heat the oil over medium. Add fish; cook 2 minutes per side, or until opaque in the center.
3. Heat the tortillas, 20 to 30 seconds per side, in a dry pan over medium.
4. Place two tortillas on each plate. Flake the fish with a fork and divide it evenly between the tortillas.
5. Top each taco with mango salsa, avocado and any other toppings of your choice.

JAMAICAN FISH TACOS

start to finish 25 minutes
serves 8

INGREDIENTS

1 teaspoon ground allspice
½ teaspoon dried thyme
1½ teaspoons cayenne pepper
1 teaspoon ground cinnamon
1½ tablespoons garlic powder
2 tablespoons brown sugar
¼ cup olive oil
1½ pound firm white fish fillets, cut into long pieces
16 flour tortillas (6-inch)
Cooking spray
Lime wedges, to serve

AVOCADO CREAM

2 medium avocados
½ cup sour cream
2 tablespoon lime juice

SLAW

11 ounces green cabbage, shredded
2 cups coriander cilantro leaves
1 small red onion, sliced thinly
1 long green chile, seeded, sliced thinly

DIRECTIONS

1. Combine allspice, thyme, cayenne, cinnamon, garlic powder, sugar and oil in a medium bowl; add fish and toss to coat. Season with salt.
2. To make Avocado Cream, blend or process ingredients until smooth. Season to taste.
3. Wrap tortillas in foil. Place in the basket of a 5- or 6-quart air fryer. Slide pan and basket back into appliance. Set temperature to 350°F and timer for 5 minutes, to preheat air fryer and warm the tortillas.
4. Taking care, pull out the pan and basket; transfer tortillas to a plate and cover to keep warm. Spray fish with oil and place in basket. Keep temperature set at 350°F and set timer for 8 minutes; cook, turning halfway through cooking time, or until fish is cooked through.
5. Meanwhile, to make Slaw, combine ingredients in a bowl.
6. Fill warm tortillas with fish and slaw; top with Avocado Cream. Serve with lime wedges.

BAJA FISH TACOS

start to finish 45 minutes + refrigeration
serves 16

INGREDIENTS

2 cups buttermilk
2 tablespoons chipotle sauce
1 cup chopped cilantro leaves
2 pound skinless, boneless firm white fish fillets (cut into 16 long pieces)
2 medium avocados
½ cup sour cream
2 tablespoons lime juice
11 ounces white cabbage, shredded
1 small red onion, halved, sliced thinly
1 long green chile, seeded, sliced thinly
¼ cup freshly squeezed orange juice
1 clove garlic, crushed
16 flour tortillas (5½ inches)
2 cups self-rising flour
Vegetable oil, for shallow-frying
Lime halves, to serve

DIRECTIONS

1 Combine buttermilk, chipotle sauce and ¼ cup cilantro in a shallow dish; add fish and turn to coat in mixture. Cover; refrigerate for at least 1 hour and up to 3 hours.

2 Meanwhile, to make Avocado Cream, blend or process avocados, sour cream and lime juice until smooth. Season to taste. Cover and refrigerate until needed.

3 To make slaw, combine cabbage, onion, chile, orange juice and garlic in a medium bowl. Season to taste. Refrigerate until needed.

4 Preheat oven to 300°F. Wrap the tortillas in foil and place in the oven to warm through.

5 Meanwhile, heat ¾ inch oil in a large frying pan over medium heat. Place flour in a medium bowl; season generously with salt. Working in batches, remove fish from marinade, allowing excess to drain off, then dust in flour to coat generously, shaking away excess. Shallow-fry fish, in batches, for 2 minutes each side or until golden. Drain on an ovenproof dish lined with paper towel; keep warm in the oven. Repeat coating and cooking with remaining flour and fish.

6 Fill warmed tortillas with slaw and fish. Top with avocado cream and remaining chopped cilantro. Serve with lime halves.

CILANTRO-LIME FISH TACOS

start to finish 25 minutes
serves 6

INGREDIENTS

3	tablespoons fajita seasoning
2	tablespoons olive oil
1	tablespoon chopped fresh cilantro
1	clove garlic, minced
1	lime, zested, juiced and divided
1½	pounds tilapia fillets
12	flour tortillas (8-inch each)
2	cups shredded lettuce
½	cup chopped scallions
1	cup prepared chunky salsa
½	cup (4 ounces) taco sauce

DIRECTIONS

1. Heat grill. In large bowl, whisk together fajita seasoning blend, olive oil, chopped cilantro, minced garlic, 1 tablespoon lime juice and ½ teaspoon lime zest until blended.
2. Add fish fillets to bowl with fajita seasoning mixture; toss gently to coat. Cover; let fish fillets marinate 15 minutes.
3. Grill fish fillets 5 minutes or until cooked through, turning once. Grill flour tortillas 30 seconds or until lightly toasted, turning once.
4. Using fork, gently flake fish fillets; drizzle with 1 tablespoon lime juice. Divide flaked fish among grilled tortillas. Top with shredded lettuce, chopped scallions, chunky salsa and taco sauce. Serve with sour cream and guacamole, if desired.

PINEAPPLE-CHIPOTLE SHRIMP TACOS

start to finish 20 minutes
serves 6

INGREDIENTS

2 cups diced pineapple
1 cup shredded red cabbage
¼ cup diced red onions
¼ cup minced cilantro
1 lime, zested and juiced
1 pound extra-large shrimp
Chipotle sea salt blend
12 small flour taco shells
3 cups shredded lettuce

DIRECTIONS

1 In bowl, combine pineapple, cabbage, onions, cilantro, 2 tablespoons lime juice and ½ teaspoon zest. Season with salt and pepper.

2 Heat grill to medium-high for direct cooking. Season shrimp lightly with chipotle blend. Coat with cooking spray. Grill shrimp 2 minutes per side or until opaque. Grill taco shells 1 minute or until lightly charred, turning once. Fill tacos with shrimp, lettuce and pineapple salsa.

TIP

Instead of scooping the insides of the avocado out, halve and pit the avocado, cut each half again lengthwise, then lift the skin and peel it away.

LENTIL TACOS

start to finish 20 minutes
serves 4

INGREDIENTS

1	avocado, pitted, peeled
2	tablespoons fresh lime juice
1	teaspoon green Tabasco sauce
1	tomato, seeded, diced
1	(15 ounce) can lentils, drained
1	teaspoon ground cumin
4	cups (2 ounces) chopped iceberg lettuce
8	corn tortillas, warmed
¼	cup chopped red onion

DIRECTIONS

1 In small bowl, mash avocado, 1 tablespoon lime juice, Tabasco sauce and ⅛ teaspoon salt; reserve. Coat nonstick skillet with cooking spray. Add tomato; cook, stirring, until softened, 5 minutes. Stir in lentils, cumin and remaining lime juice. Cook until heated through, 2 minutes.

2 Divide lettuce among tortillas. Top with lentil mixture, avocado mixture and onion. If desired, top with sour cream and chopped cilantro; serve with lime wedges.

TOFU "CHORIZO"

+ PICKLED PINEAPPLE TACOS

start to finish 35 minutes
serves 4

INGREDIENTS

9½	ounces firm tofu
2	tablespoons olive oil
1	can (14½ ounces) garbanzo beans (drained and rinsed)
1	medium red onion, chopped finely
1½	teaspoons smoked paprika
1	teaspoon ground coriander
1	teaspoon ground cumin
1	clove garlic, crushed
1	tablespoon finely chopped chipotle peppers in adobo sauce
12	white corn tortillas (6-inches), warmed
3	cups finely shredded green cabbage
1	medium avocado, sliced
¼	cup cilantro leaves

PICKLED PINEAPPLE

½	small pineapple (1 pound)
¼	cup lime juice
1½	tablespoons maple syrup
1	tablespoon soy sauce
6	radishes, cut into wedges

DIRECTIONS

1. Drain tofu and pat dry with paper towel; crumble into pea-sized chunks.
2. To make pickled pineapple, peel pineapple, then thinly slice with a sharp knife. Combine lime juice, maple syrup and soy sauce in a shallow dish; add pineapple slices and radishes and toss to coat. Cover; stand for 10 minutes or refrigerate overnight.
3. To make tofu "chorizo," heat oil in a large frying pan over medium-high heat; cook garbanzo beans for 5 minutes or until crisp. Add crumbled tofu and onion; cook for 8 minutes or until tofu is golden and onion is lightly charred. Reduce heat to medium.
   Add spices and garlic; cook for 2 minutes or until fragrant. Add chipotle peppers and ½ cup water; bring to a simmer. Cook,stirring, for 2 minutes or until thickened. Season to taste.
4. Fill warmed tortillas with tofu "chorizo," cabbage, avocado and pickled pineapple and radishes; drizzle with a little of the pickling liquid. Top with cilantro leaves and serve.

VEGETABLE TACOS

start to finish 45 minutes
serves 6

INGREDIENTS

½ cup milk
1½ teaspoons all-purpose flour
⅛ teaspoon cayenne pepper
4 ounces cheddar cheese, shredded
1 tablespoon olive oil
1 red pepper, sliced
2 cups mushrooms, sliced
1 pound firm tofu, drained (cut into ¾-inch pieces)
1 teaspoon chili powder
6 soft taco-size flour tortillas, warmed
6 cups baby arugula, roughly chopped
1 avocado, pitted, peeled, sliced
6 radishes, sliced

DIRECTIONS

1. In a small pot, whisk together milk, flour and cayenne pepper; over medium heat, bring to boil, stirring often.
2. Reduce heat to low; add cheese. Cook, stirring, until melted and smooth, about 2 minutes. Reserve.
3. In nonstick skillet, heat half of oil over medium-high heat. Add pepper and mushrooms; cook, stirring, until softened, 7–8 minutes. Remove.
4. In same skillet, heat remaining oil over high heat. Add tofu and chili powder; cook, stirring, until golden, 5 minutes. Add pepper mixture; cook until heated through, 1–2 minutes. If needed, over low heat, cook cheese sauce until heated through.
5. Fill tortillas with arugula and tofu mixture. Top with avocado and radish slices. Drizzle with sauce.

BUFFALO TOFU TACOS

start to finish 30 minutes + refrigeration
serves 4

INGREDIENTS

¾	cup soy milk
2	teaspoons white wine vinegar
1	tablespoon smoky chipotle Tabasco
20	ounces firm tofu, patted dry and cut into 1-inch cubes
½	cup vegan mayonnaise
1¼	cups all-purpose flour
1	teaspoon mixed dried herbs
1	teaspoon garlic salt
½	teaspoon cayenne pepper
½	teaspoon sweet paprika
½	teaspoon onion powder
	Vegetable oil, for deep frying
4	cups torn kale leaves
	Sea salt
1	teaspoon olive oil
1	cup finely shredded red cabbage
1	medium carrot, julienned
4	corn tortillas, warmed
	Fresh cilantro sprigs, to serve

AVOCADO CREAM

1	large avocado, chopped
½	cup Greek yogurt
2	tablespoons lime juice

DIRECTIONS

1 Combine the soy milk, vinegar, and Tabasco in a large resealable bag. Add the tofu; seal the bag and shake until well coated. Refrigerate for 1 hour.

2 Meanwhile, to make avocado cream, blend or process the ingredients until smooth; season to taste.

3 Drain the tofu over a medium bowl. Add the vegan mayonnaise to the marinade; whisk to combine. Combine the flour, herbs, garlic salt, cayenne, paprika, and onion powder in a separate large bowl.

4 Fill a large saucepan or deep fryer one-third with vegetable oil; heat to 350°F. Working in batches, dust the tofu in the flour mixture; shake to remove excess. Dip into the marinade mixture, then dust in the flour mixture again; shake to remove any excess. Deep-fry the tofu, in batches, for 6 minutes or until golden, cooked through, and crisp. Drain on paper towels.

5 Rub the kale leaves with a pinch of salt and the oil. Divide the cabbage, carrot, kale, and tofu among the tortillas. Top with the cilantro; serve with the Avocado Cream.

GRILLED PEACH TACOS

start to finish 25 minutes + grill prep time
serves 4

INGREDIENTS

½	cup sour cream
½	teaspoon grated lemon zest
½	teaspoon salt
¼	teaspoon pepper
4	peaches (1½ pounds), pitted
1	tablespoon olive oil
8	(7–8-inches) whole-wheat tortillas
8	cups baby arugula (4 ounces)
2	cups fresh basil leaves, torn
½	cup chopped red onion
1	large tomato, chopped

DIRECTIONS

1 Heat grill to medium-high. In small bowl, combine sour cream, lemon zest, ¼ teaspoon salt and pepper; reserve. Cut each peach into 8 wedges. In bowl, toss peach wedges with olive oil and remaining salt. Grill peaches, flipping, until slightly charred, 1–2 minutes per side.

2 Heat tortillas according to package directions. Fill each tortilla with 1 cup arugula. Dividing evenly, top arugula with basil leaves and red onion; top with peach wedges, tomato and reserved sour cream mixture. Serve immediately.

MUSHROOM "CHORIZO" TACOS WITH QUESO

start to finish 1 hour
serves 6

INGREDIENTS

2	tablespoons extra virgin olive oil
1½	pounds shiitake mushrooms, sliced thinly
2	teaspoons smoked paprika
1	package (8 ounces) microwave brown rice and quinoa
2	tablespoons chipotle peppers in adobo sauce
⅓	cup white wine vinegar
1	tablespoon sugar
2	teaspoons sea salt flakes
2	radishes, sliced thinly
1	cup finely shredded red cabbage
6	white corn tortillas (6 inches)
½	cup chopped cilantro

QUESO

3	tablespoons butter
½	medium onion, chopped finely
1	teaspoon ground cumin
1	tablespoon all-purpose flour
1	cup milk
4	ounces shredded Gruyère or part-skim mozzarella
4	ounces shredded cheddar

DIRECTIONS

1. Heat half the oil in a large frying pan over medium heat; cook sliced mushrooms, stirring, for 10 minutes or until golden. Add paprika; cook for a further 1 minute. Cool.
2. To make mushroom "chorizo," process two-thirds of the sliced mushroom mixture with the brown rice and quinoa until a coarse mixture forms. Add chipotle peppers in adobo; process until just combined. Reserve remaining sliced mushroom mixture for serving.
3. To make Queso, melt butter in a medium saucepan over medium heat; cook onion for 3 minutes or until softened. Add cumin and flour; cook for 1 minute. Remove pan from heat; gradually add milk, stirring continuously until smooth. Return pan to heat; simmer, stirring, for 3 minutes or until mixture boils and thickens. Add the cheeses, stirring until melted. Remove pan from heat; cover to keep warm.
4. Stir vinegar, sugar and salt in a bowl until dissolved. Place radishes and cabbage in two separate bowls; divide vinegar mixture between them and toss to combine. Refrigerate for 10 minutes to pickle.
5. Meanwhile, heat remaining oil in a non-stick frying pan. Add mushroom "chorizo;" cook for 3 minutes, without stirring to get a crust on the bottom. Remove from pan.
6. Wipe pan clean. Heat pan over medium heat; warm tortillas for 15 seconds each side or until softened. Fill tortillas with mushroom "chorizo," reserved sliced mushroom mixture, drained pickled cabbage and radish; drizzle with Queso. Top with cilantro.

PUFFY TACOS + CAULIFLOWER

start to finish 45 minutes
serves 4

INGREDIENTS

1	small cauliflower
3	cloves garlic, crushed
1½	cups plain Greek yogurt
2½	tablespoons olive oil
1	tablespoon Tabasco chipotle sauce
1	teaspoon ground cumin
1	teaspoon ground turmeric
1	teaspoon smoked paprika
1	teaspoon ground coriander
2	cups thinly shaved red cabbage
1	medium kohlrabi, cut into julienne
1½	tablespoons apple cider vinegar
	Vegetable oil, for shallow-frying
8	flour tortillas (6 inches)
1	medium avocado, diced
½	cup cilantro sprigs

DIRECTIONS

1. Preheat oven to 400°F. Line an oven tray with parchment paper; place a wire rack on top.
2. Cut cauliflower into small florets. Combine garlic, half the yogurt, 2 tablespoons of the olive oil, 2 teaspoons of the chipotle sauce and the spices in a bowl, then season with salt; add cauliflower and turn to coat. Place cauliflower in a single layer on wire rack; bake for 25 minutes or until golden.
3. Meanwhile, toss cabbage and kohlrabi with vinegar and remaining olive oil in a small bowl. Heat ¾ inch vegetable oil in a deep frying pan, then fry the tortillas, one at a time, for 30 seconds each side or until puffy and golden. Using tongs, remove from pan to a tray lined with paper towel to drain.
4. Serve puffy tacos with cabbage mixture, cauliflower and avocado; top tacos with cilantro sprigs and drizzle with remaining yogurt and chipotle sauce.

GRECIAN
SUMMER TACO

start to finish 10 minutes
serves 2

INGREDIENTS

4	small flour tortillas
½	cup red onion, sliced
10	ounces cherry tomatoes, halved
1	cup ruby chard
1	cup arugula
½	cup shredded carrots
½	cup feta crumbles
	Olive oil
	Balsamic vinegar
	Salt and pepper, to taste

DIRECTIONS

1 Combine the onion, tomatoes, ruby chard, arugula and carrots in a large bowl.

2 Drizzle a light coat of olive oil and balsamic vinegar over the mixture, as well as a pinch of salt and pepper to taste. Mix together thoroughly until all vegetables are coated evenly.

3 Warm tortillas in the microwave, according to package instructions. Scoop ¼ of the vegetable mixture into each tortilla; top with crumbled feta and serve immediately.

PORTOBELLO + PEPPER TACOS

start to finish 20 minutes
serves 4

INGREDIENTS

4	large flour tortillas
4	portobello caps
2	red peppers
2	yellow peppers
1	red onion
	Olive oil
	Salt
	Cilantro
	Lime wedges

DIRECTIONS

1. Heat grill to medium-high. Meanwhile, slice portobellos, red and yellow peppers and onion into long, thin strips.
2. In bowl, toss sliced veggies with a light coat olive oil and a dash of salt.
3. Grill veggies in a grilling pan, flipping, until slightly charred, 2-4 minutes per side.
4. Heat tortillas according to package directions. Fill each tortilla with ¼ of the veggie mixture. Top with cilantro and serve with a lime wedge on the side.

SUPERFOODS TACOS

start to finish 15 minutes
serves 2

INGREDIENTS

4	black bean tortillas
1	cup butter lettuce leaves
1	large tomato
1	avocado
¼	cup pomegranate seeds
2	tablespoons tahini
	Fresh red chili pepper, sliced
	Scallions, sliced
	Poppy seeds

DIRECTIONS

1. Wash, dry and shred lettuce into bite-sized pieces. Cut the tomato and avocado into thin slices.
2. Warm tortillas according to package instructions. Layer lettuce, tomato, avocado slices and a sprinkle of pomegranate seeds into each tortilla.
3. Drizzle with tahini and garnish with chili pepper slices, scallions and poppy seeds.

BARBECUE CAULIFLOWER TACOS

start to finish 50 minutes
serves 4

INGREDIENTS

4 flour tortillas
1 pound head of cauliflower
2 tablespoons barbecue seasoning
Cooking spray
Red cabbage, shredded
Radishes, sliced
Cherry tomatoes, halved
Summer squash, thinly sliced, then diced
Cilantro
Southwest chipotle salad dressing

DIRECTIONS

1. Preheat the oven to 425° F.
2. Wash, dry and cut the head of cauliflower into bite-sized pieces, discarding the leaves and stems. Place cauliflower on a parchment-lined baking sheet.
3. Coat the cauliflower generously with cooking spray, then sprinkle 1 tablespoon of barbecue seasoning, or more if desired, over the cauliflower. Flip the cauliflower over and apply cooking spray and barbecue seasoning to the second side.
4. Cook cauliflower in oven for 15 minutes, flip, and then cook for another 5-10 minutes on the second side, or until tender.
5. Warm tortillas according to package instructions. Fill each tortilla with red cabbage, radishes, tomatoes and uncooked squash for an extra crunch, then top with cauliflower. Garnish with fresh cilantro and a drizzle of Southwest chipotle dressing.

CHICKPEA CURRY TACOS

start to finish 35 minutes
serves 4

INGREDIENTS

1	(15 ounce) can chickpeas, drained and rinsed
1	cup crushed tomatoes (from 15 ounce can)
1	cup coconut milk (from 15 ounce can)
1	medium yellow onion, sliced
1	tablespoon vegetable oil
1	tablespoon curry powder
1	tablespoon minced garlic
¼	teaspoon crushed red pepper flakes
	Salt and pepper, to taste

SPINACH & SOUR CREAM SAUCE

1	cup sour cream
⅓	cup cooked spinach
1	tablespoon fresh parsley
1	tablespoon green onions

TO ASSEMBLE

4	flour tortillas
	Sprouted flax seeds
	Lime wedges

DIRECTIONS

1. Heat the oil in a large pot on the stove over medium heat. Add the onion, garlic and red pepper flakes to the pan and cook for 15 minutes, or until soft and slightly golden.

2. Add the chickpeas, coconut milk, tomatoes, and curry powder; stir to combine. Reduce heat to low and allow to simmer, uncovered, for 10 minutes, stirring occasionally. Season with salt and pepper to taste.

3. Meanwhile, make the Spinach & Sour Cream Sauce. In a food processor, combine cooked spinach, fresh parsley and green onion; pulse until finely chopped.

4. Pour chopped spinach mixture into a bowl and stir in the sour cream until evenly mixed. Season with salt and pepper to taste.

5. Warm tacos on grill or in the microwave according to package instructions. To assemble, scoop approximately ¼ cup of curry into each tortilla and spoon on 1-2 tablespoons of the Spinach & Sour Cream Sauce. Top with sprouted flax seeds and serve with a lime wedge.

TURN THE PAGE

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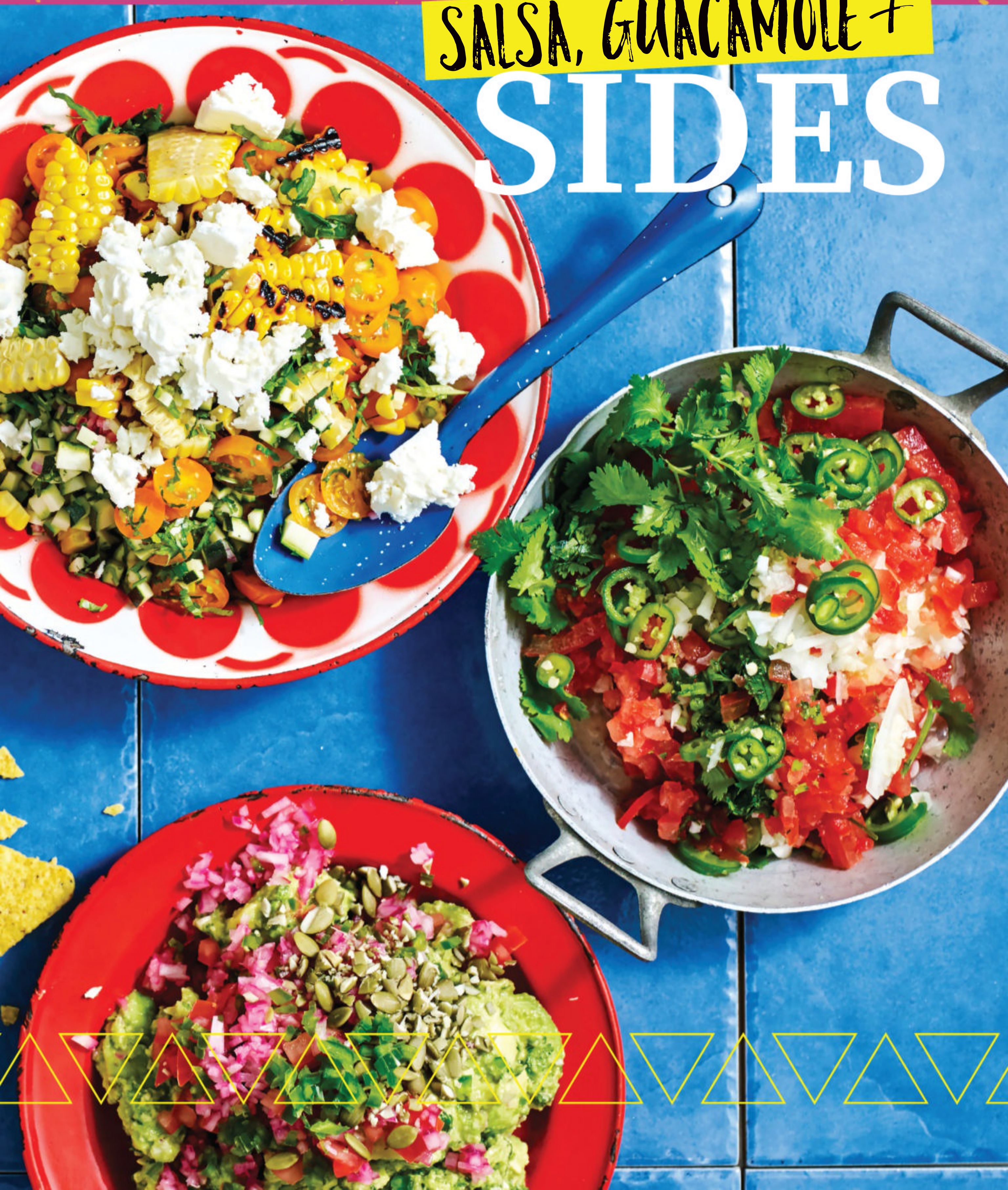
SALSA, GUACAMOLE +
SIDES



GREEN TOMATO

SALSA VERDE

start to finish 10 minutes
serves 8

INGREDIENTS

11	ounces green heirloom tomatoes
½	bunch cilantro
1	fresh jalapeño
1	clove garlicss
1½	teaspoon ground cumin
1½	teaspoon ground coriander
1	teaspoon finely grated lime rind
1½	tablespoon lime juice

DIRECTIONS

1 Cut tomatoes into quarters, then coarsely chop the cilantro leaves and stems. Next, deseed the jalapeño and cut it into chunks. Crush the clove of garlic.

2 Place all ingredients in a food processor and process until smooth. Season with salt, as needed.

CUCUMBER SALSA

start to finish 10 minutes
serves 8

INGREDIENTS

6	baby cucumbers
½	small red onion
1	clove garlic
1	habanero chile
¼	cup cilantro leaves
¼	cup lime juice
	Pinch sugar

DIRECTIONS

1. Cut the cucumbers and onion into thin slices, then peel and crush the garlic. Seed and chop the chile next, and finish by finely chopping the cilantro leaves.
2. Combine all ingredients in a small bowl and mix thoroughly. Season with salt, as needed.

GRILLED CORN
+ ZUCCHINI SALSA

start to finish 20 minutes
serves 12

INGREDIENTS

⅓	cup lime juice
½	red onion, chopped very finely
	Pinch sugar
3	corn cobs, trimmed
3	ounces golden grape tomatoes, sliced
3	ounces zucchini, diced finely
¼	cup coarsely chopped cilantro
1	long green chile, chopped finely
2	tablespoons extra virgin olive oil
3	ounces feta, crumbled

DIRECTIONS

1. Combine lime juice and onion in a medium bowl with sugar; set aside.
2. Meanwhile, grill corn on a heated, greased indoor grill plate or outdoor grill, turning, for 12 minutes or until cooked through and lightly charred.
3. When cool enough to handle, cut kernels from cobs. Add kernels to onion mixture with remaining ingredients except feta; toss to combine. Top with feta.

EVERYONE'S FAVORITE GUACAMOLE

start to finish 10 minutes
serves 10

INGREDIENTS

2 tablespoons lime juice
½ small red onion
2 medium avocados
½ fresh jalapeño, seeded and chopped very finely
1 medium roma tomato, seeded and chopped finely
¼ cup coarsely chopped cilantro
¼ cup roasted pepitas

DIRECTIONS

1. Chop the onion very finely, then combine lime juice and onion in a small bowl. Let stand for 5 minutes, or until the juice turns bright pink.
2. Meanwhile, place the pepitas in a food processor and process until coarsely chopped.
3. Gently mash the avocados in a medium bowl, then stir all of the ingredients together until well-mixed. Season with salt and pepper to taste.

PICO DE GALLO

start to finish 10 minutes
serves 6

INGREDIENTS

3 large tomatoes
1 long green chile
½ cup cilantro
1 clove garlic
1 small white onion
2 tablespoons lime juice
Cilantro sprigs, to serve

DIRECTIONS

1. Seed and chop the tomatoes, chile, and onion very finely.
2. Crush the garlic and coarsely chop the cilantro.
3. Combine all of the ingredients in a small bowl and stir to mix thoroughly. Season with salt to taste and garnish with cilantro before serving.

MEXICAN BEAN SALAD

start to finish 25 minutes
serves 4

INGREDIENTS

4	medium tomatoes, seeded and coarsely chopped
1	(13½-ounce) can four-bean mix, drained and rinsed
1	(9½-ounce) can kidney beans, drained and rinsed
½	cup coarsely chopped fresh cilantro
¼	cup lime juice
1	small red onion, finely chopped
2	fresh long red chillii peppers, finely chopped
1	small avocado
2	tablespoons sour cream

DIRECTIONS

1. Combine the tomatoes, beans, ⅓ cup of the cilantro, 1 tablespoon of the lime juice, half of the onions, and half of the chilli peppers in a medium bowl.
2. Meanwhile, mash the avocado in a bowl. Stir in the remaining cilantro, lime, juice, onions, and chilli pepper. Season with salt and pepper.
3. Top the bean salad with the sour cream. Serve with tortilla chips.

HOMEMADE SUMMER SALSA

start to finish 10 minutes
serves 6

INGREDIENTS

3	medium tomatoes
1	small red onion
¼	cup pickled sliced jalapeños
½	cup fresh cilantro
1	garlic clove
2	tablespoons lime juice

DIRECTIONS

1. Chop the tomatoes, onion and cilantro, then crush the clove of garlic.
2. Combine all ingredients in a bowl and season with salt and pepper to taste. Serve with tortilla chips.

SPICY CORN SALSA

start to finish 5 minutes
serves 2

INGREDIENTS

1	cup caned corn
½	red onion
½	green bell pepper
¼	cup cilantro
1	tablespoon jalapeño
½	fresh lemon
½	fresh lime
1	teaspoon extra-virgin olive oil
	Garlic salt
	Onion powder
	Salt and pepper

DIRECTIONS

1. Drain and rinse the canned corn, then dice the onion, bell pepper and jalapeño. Roughly chop the cilantros.
2. Juice the lemon and lime, discarding the leftover flesh and rind when finished.
3. Combine all ingredients in a bowl and season with garlic salt, onion powder, salt and pepper to taste.

TIP

Tortilla chips will keep in an airtight container for up to 1 week.

HOMEMADE TORTILLA CHIPS & GUAC

start to finish 30 minutes
serves 4

INGREDIENTS

10 ounces white corn tortillas
1 teaspoon ground cumin
1 teaspoon smoked paprika
1 teaspoon salt flakes
Extra virgin olive oil
Cooking spray
Tabasco chipotle sauce
Cilantro sprigs
Lime wedges

GUACAMOLE

2 medium avocados
1 small red chile, chopped finely
¼ teaspoon ground cumin
1 small clove garlic, crushed
2 tablespoons lime juice
½ cup finely chopped cilantro

DIRECTIONS

1. Preheat a 5- or 6-quart air fryer to 400°F for 3 minutes.
2. Stack three tortillas on top of each other, then cut the stack into six wedges. Repeat with remaining tortillas.
3. Combine cumin, paprika and salt flakes in a small bowl.
4. Taking care, pull out the air-fryer pan and basket; place a third of the tortilla wedges in basket. Slide pan and basket back into appliance. Keep temperature set at 400°F and set timer for 7 minutes; cook, turning halfway through cooking time, until tortilla wedges are crisp. Transfer tortilla chips to a platter; spray with oil and sprinkle with a third of the spice mix. Repeat with remaining tortilla wedges, oil spray and spice mix.
5. Meanwhile, to make the Guacamole, using a spoon, scoop the flesh from avocados into a bowl. Add half the chile and remaining ingredients; mash together using a potato masher or fork to form a chunky texture. Season to taste.
6. Serve tortilla chips with Guacamole topped with remaining chile, chipotle sauce and cilantro sprigs, and with the lime wedges on the side.

HOMEMADE CHUNKY SALSA

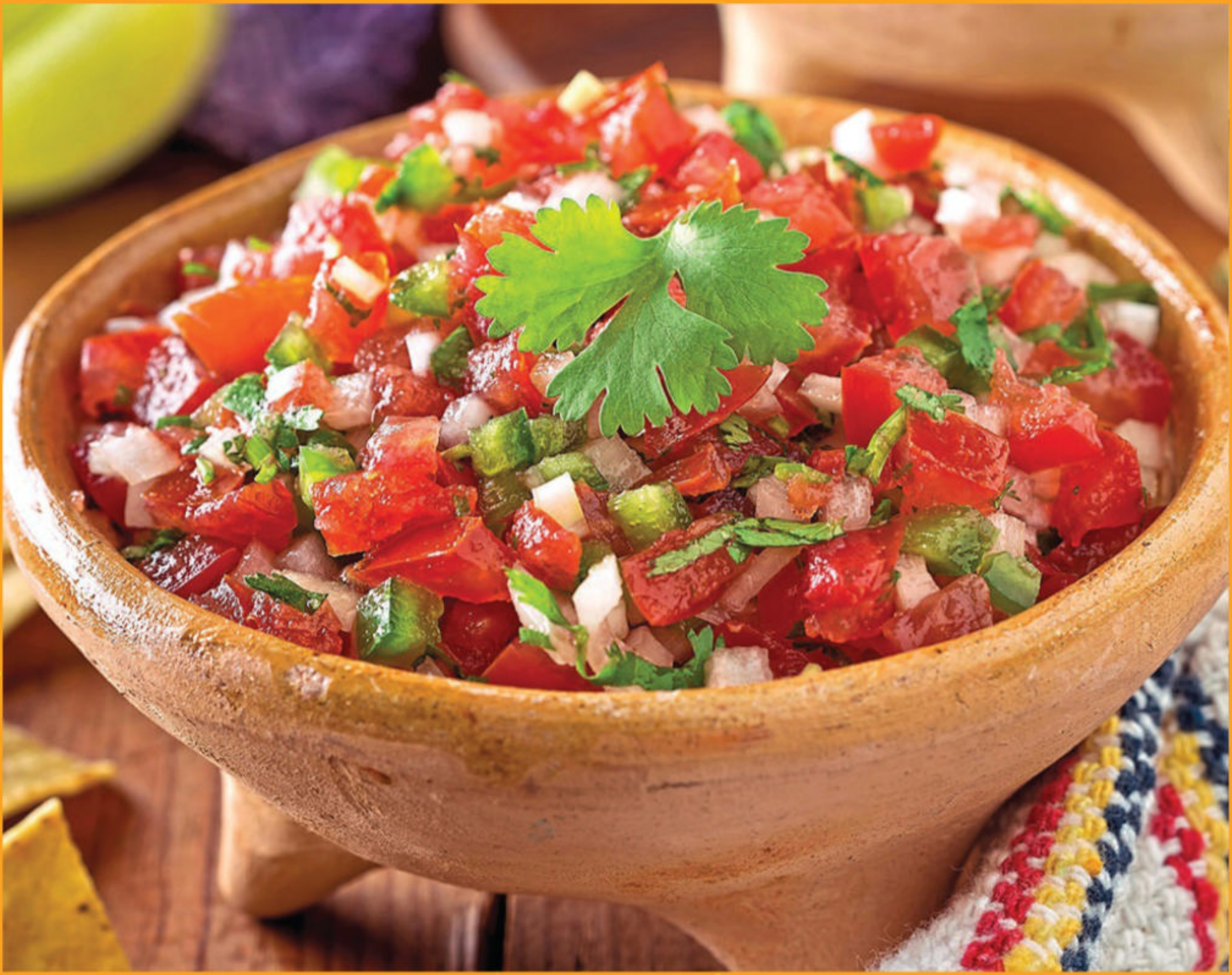
start to finish 15 minutes
serves 6

INGREDIENTS

4	large tomatoes, cored, seeded, diced
½	small onion, finely chopped
¼	cup chopped fresh cilantro leaves
¼	cup olive oil
¼	cup lime juice
½	teaspoon lime zest
½	jalapeño pepper, seeds and ribs removed, finely diced

DIRECTIONS

1. In large bowl, stir together diced tomatoes, chopped onion, fresh cilantro leaves, olive oil, lime juice and zest, and diced jalapeño peppers.
2. Toss well. Season to taste with salt and pepper.



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